

What Is Claimed Is:

1. A prosthetic foot, comprising:
 - a) a lower member having a top and a bottom;
 - b) a post extending from the top of the lower member; and
 - c) An upper member having a ball joint positioned therein, the ball joint having an opening for accepting the post therein.
2. The prosthetic foot of claim 1, further comprising a first buffer positioned between the lower member and the upper member.
3. The prosthetic foot of claim 2, further comprising a second buffer positioned between the lower member and the upper member.
4. The prosthetic foot of claim 3 wherein the lower member and upper member have aligned anterior and posterior regions and the first buffer is located between the anterior regions of the lower member and the upper member and the second buffer is located between the posterior regions of the lower member and the upper member.
5. The prosthetic foot of claim 4, wherein the first and second buffers are formed of deformable material.
6. The prosthetic foot of claim 4, wherein at least one of the first and second buffers includes a perforation extending therethrough.
7. The prosthetic foot of claim 6, wherein the perforation laterally extends through the first buffer.

8. The prosthetic foot of claim 7, wherein the first buffer includes a first slit located at an anterior portion of the first buffer and extending through the anterior portion from an anterior end of the first buffer to the perforation.
9. The prosthetic foot of claim 8, wherein the anterior portion of the first buffer does not connect the upper member with the lower member.
10. The prosthetic foot of claim 6, wherein the perforation longitudinally extends through the first buffer.
11. The prosthetic foot of claim 6, wherein the perforation laterally extends through the second buffer.
12. The prosthetic foot of claim 11, wherein the second buffer includes a second slit located at a posterior portion of the second buffer and extending through the posterior portion from an posterior end of the second buffer to the perforation.
13. The prosthetic foot of claim 6, wherein the perforation longitudinally extends through the second buffer.
14. The prosthetic foot of claim 6 further comprising a plug associated with the perforation.
15. The prosthetic foot of claim 14, wherein the plug is of a material having a durometer different than a durometer of the buffer.
16. The prosthetic foot of claim 6, wherein the perforation is in the shape of an hour glass.
17. The prosthetic foot of claim 4, wherein at least one of the first and second buffers is connected to both of the upper and lower members.

18. The prosthetic foot of claim 4, wherein at least one of the first and second buffers is connected to one of the lower and upper members.
19. The prosthetic foot of claim 4, wherein at least one of the first and second buffers is detachable.
20. The prosthetic foot of claim 4, further comprising third and fourth buffers, wherein both the lower member and the upper member have medial and lateral regions and where the third buffer is located between the medial regions of the lower member and the upper member, and the fourth buffer is located between the lateral regions of the lower member and the upper member.
21. The prosthetic foot of claim 20, wherein the third and fourth buffers are formed of deformable material.
22. The prosthetic foot of claim 20, wherein at least one of the third and fourth buffers is connected to both of the upper and lower members.
23. The prosthetic foot of claim 20, wherein at least one of the third and fourth buffers is connected to one of the lower and upper members.
24. The prosthetic foot of claim 20, wherein at least one of the third and fourth buffers is detachable.
25. The prosthetic foot of claim 1, further comprising a heel member mounted on the bottom of the lower member.
26. The prosthetic foot of claim 25 further comprising a heel buffer positioned between the lower member and the heel member.
27. The prosthetic foot of claim 26, wherein the heel buffer does not fully occupy the space between the lower member and the heel member.

28. The prosthetic foot of claim 26, wherein the heel buffer does not extend anteriorly to the end of the heel member.
29. The prosthetic foot of claim 1, wherein the lower member includes top and bottom surfaces, and the top and bottom surfaces are generally curvilinear.
30. The prosthetic foot of claim 1, wherein the lower member includes anterior, medial, and posterior portions, the lower member has a thickness constant in the posterior portion and decreasing from the medial section to the anterior portion.
31. The prosthetic foot of claim 1, further comprising a base unit attached to the lower member.
32. The prosthetic foot of claim 31, wherein the post and the base unit comprise a unitary structure.
33. The prosthetic foot of claim 31, wherein the post and the base unit comprise separate components.
34. The prosthetic foot of claim 1, further comprising a layer of material coated on a bottom surface of at least one of the first and second buffers wherein the material coated on the bottom surface of the buffer is same as material of the buffer.
35. A prosthetic foot, comprising:
 - a) a lower member having posterior and anterior regions;
 - b) an upper member having posterior and anterior regions;
 - c) a ball joint operably connected to the upper member;
 - d) a post connected to the lower member, the post connected to the ball joint;

- e) a first resilient bumper positioned between the posterior region of the lower member and the posterior region of the upper member; and
 - f) a second resilient bumper positioned between the anterior region of the lower member and the anterior region of the upper member.
36. The prosthetic foot of claim 35, further comprising a heel member mounted on the bottom of the lower member.
37. The prosthetic foot of claim 36 further comprising a heel buffer positioned between the lower member and the heel member.
38. The prosthetic foot of claim 36, wherein the heel buffer does not fully occupy the space between the lower member and the heel member.
39. The prosthetic foot of claim 37, wherein the heel buffer does not extend anteriorly to the end of the heel member.
40. A prosthetic foot, comprising:
- g) a lower member;
 - h) an upper member;
 - i) a ball joint operably connected to the upper member;
 - j) a post connected to the lower member, the post connected to the ball joint;
 - k) a first resilient bumper positioned between the lower member and the upper member, anteriorly of the ball joint; and
 - l) a second resilient bumper positioned between the lower member and the upper member, posteriorly of the ball joint.

41. The prosthetic foot of claim 40, further comprising a heel member mounted on the bottom of the lower member.
42. The prosthetic foot of claim 41 further comprising a heel buffer positioned between the lower member and the heel member.
43. The prosthetic foot of claim 42, wherein the heel buffer does not fully occupy the space between the lower member and the heel member.
44. The prosthetic foot of claim 42, wherein the heel buffer does not extend anteriorly to the end of the heel member.